

Mental health awareness for parents



Health Improvement Team

What you come away with today!



Increased confidence in talking about mental health



Increased knowledge about mental health problems



Increased understanding of how to support your child

■ **What do we know?**

True or False

- 5% of children have a mental health problem in the UK
- You cannot recover from a mental health problem
- Social media causes mental health problems
- 55% of parents have never spoken about mental health with their child

A hand in a light blue shirt sleeve holds a red, brain-shaped sign with the words "MENTAL HEALTH" written in white, bold, uppercase letters. The sign is positioned inside a white, hand-drawn thought bubble outline on a blue background. The text is arranged in two lines: "MENTAL" on the top line and "HEALTH" on the bottom line.

**MENTAL
HEALTH**

Definition

- **“A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”**

World Health Organisation

Mental health spectrum



Stress is a physical or emotional response to pressure



Mental health problems



■ **How to recognise
mental health
problems?**

Depression



- Prolonged low mood
- Hopelessness, guilt
- Loss of energy, lack of responsiveness
- Difficulty concentrating
- Loss of confidence
- Agitated, angry
- Thinking of suicide

Anxiety



- Excessive worry, restlessness
- Panic, confusion,
- Dread, avoidance, compulsive behaviour
- Sweating, nausea, chest pains



Eating disorders



- **Tiredness, lack of interest in socialising, sadness**
- **Need of control**
- **Stomach cramps, constipation**
- **Damaged liver, loss of enamel on teeth**

Psychosis



- Experiencing a change of reality
- Mood, thinking and perception is severely disrupting someone's life
- Often a symptom of schizophrenia, bipolar disorder and drug induced psychosis.

Self harm



- **Deliberate action to cause harm to themselves, comes in many forms!**
- **Often a way of coping with emotional difficulties**
- **Symptom rather than a mental health problem.**



■ Do you think your child would talk to you if they were worried?



What helps?

Communicate

Working
together

Asking for
support





HURRY UP

TAKE YOUR TIME

BE PERFECT

**YOU ARE GOOD ENOUGH AS
YOU ARE**

PLEASE PEOPLE

PLEASE YOURSELF

TRY HARD

DO IT

BE STRONG

**BE OPEN AND EXPRESS YOUR
WANTS**



“I hate Anna, I’m not going to school!”

“You sound very angry, what made you cross?”

“Leave me alone, I didn’t sleep!”

“You must be feeling tired. When you couldn’t get to sleep, was there anything on your mind?”

“I got a C, I’m rubbish!”

“You look really disappointed. Do you remember a time when you were proud of yourself?”

■ How can we look
after ourselves?

5 Ways to wellbeing



Ideas to try (for children and adults)

- Mindfulness, meditation, breathing
- Sport, yoga, walking the dog, going outside
- Creative arts- drawing, singing, trying something new/challenging
- Spending time with loved ones, identifying safe people to talk to
- Volunteering, giving your time/attention, engaging in the community



Anna Freud
National Centre for
Children and Families



I'm Sheila Redfern, and I'm the head of a group of clinical services at the Anna Freud National Centre for Children and Families.

More information

Young Minds
www.youngminds.co.uk

NHS Choices
www.nhs.uk

CWMT
www.cwmt.org.uk

Rethink mental
illness
www.timetochange.co.uk

Beat
(eating
disorders)
www.b-eat.co.uk

Department of
Health
www.dh.gov.uk

Anxiety UK
www.anxietyuk.org.uk

Anna Freud
(schools in mind)
www.annafreud.org



**Thank you
for
attending!**



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Healthy Schools
EALING